**What measures are being taken to ensure the saftey of students with food allergies?**

**Annotated Bibliographies**

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Blad, E. (2014). Schools Brace for Start Of 'Smart Snack' Rules. *Education Week*, 33(35), 1-21. Print.

In this article, Blad discusses federal nutrition laws and how certain districts have reacted in preparation for them. As well as exemplifying a few schools who have implemented these new rules into their food systems already. These Federal nutrition laws "Smart Snacks in Schools," are a set of school nutrition guidelines created by the U.S. Department of Agriculture for school districts nationwide. These laws focus on creating and raising the national standard for competitive foods. Competitive foods are food items that are sold in vending machines, at fundraisers, and as à la carte offerings. This article also discuss the concerns many school districts have with the new law. These concerns predominantly focus on the economic aspect of the program. For example many districts fear that this new law will negatively affect the revenue they receive from school food purchases.

Although this article did not have much to do with the improvement of food options for people with food allergies in schools, it did discuss nutrition and the quality of food served in schools. This article was a good example of how nationally the United States is taking steps to solve the issue of childhood obesity. Having recently gone through the public school system I experienced firsthand some of these changes this article talks about. However after taking a step back and looking at how unhealthy other schools were prior to the passing of Smart Snacks in Schools I got a completely different perspective of the law. Prior to reading this article I had no idea how many food options it encompassed and how strict it was. For example I had no idea that snacks sold by students as fundraisers during the school day were effected under this law. Or that it required grain-based products to be at least 50 percent whole-grain. The law also states that, “Other products must have fruit, vegetable, dairy, or protein as a first ingredient. And have fewer than 35 percent of fat based calories. The rules also limited sodium, sugar, caffeine, and the total number of calories allowed.” This article helped me understand how the school food systems is changing for the better. The quality of the food served in schools is improving. And with these improvements so does the quality of allergy supplement foods. In the past students with food allergies were over looked. It was not uncommon for students with these allergies to suffer through lunch with little to no food. And the food that these students received was by no means acceptable. With these new laws and regulations these meals will be held to a higher standard and force schools to provide healthy and nutritious options for kids with food allergies. By focusing on improving the school food systems it will work toward improving the issues of childhood obesity and the health of the American youth as a whole.

Flanigan, R.L. (2006). The Allergy Factor. *American School Board Journal, 193(6),* 20-23. Print.

In this article, Flanigan discusses the importance of spreading awareness of food allergies throughout schools while showing the other side as well. She explains how essential it is to accept and address the increase in food allergies among student aged children. In this article Flanigan exemplifies a few school districts that have already implemented policies like district wide peanut-free cafeterias and the monitoring of food offerings. In addition to this, she describes that “these efforts must not be limited to just certain school districts or states; this must become a nationwide initiative”. However states have been paying this issue more attention it is important for them to not just consider but develop guidelines for managing food allergies within their schools. With the growing number of kids with these allergies it is important that we find a way to limit and control the number of food allergy reactions students are having.

This article did a good job of showing the importance of limiting and managing reactions to food allergies in schools, as well as, showing the difficulties that the school districts face while trying to solve it. This articles show us that it isn’t as black and white as people may think. Not only do schools have to figure out how to balance the desires of those without food allergies and the needs of those who do. They also have to acknowledge that banning that food is not a foolproof option. There have been “at least two studies have discovered reactions in schools in spite of bans.” These bans can create a false sense of security for students and parents. There are an estimated 2 million school-age children that have a food allergies in the United States and that number is continuing to grow. The food these students are allergic to and the severity of the allergy varies from student to student. Although there are only eight foods that account for 90 percent of all food-related allergic reactions: (peanuts, tree nuts, milk, eggs, fish, shellfish, soybeans, and wheat) these eight items can used as ingredients to produce countless different meals. This and the rise in food allergies makes solving this issue such a momentous task. It is unclear what is behind the rise in food allergies but finding a way to limit and control the number of food allergy reactions students are having is crucial. Many ideas have been suggested and enacted in school districts around the nation like changing the use of peanut butter to sun butter or eliminating the use of all peanut products in kitchen. However many still steps must be takin to nationally unify every school in every school district on this issue. Coming up with one consistent set of rules and restrictions for all schools to follow will go a long way to limiting the number of reaction students with food allergies have.

Hoff, D. L., & Mitchell, S. N. (2010). A Peanuty Dilemma. Phi Delta Kappan, 91(7), 59-63. Print.

This article is a compare and contrast formatted article that compares the pros and cons of becoming a completely peanut free school or school district. It does this by looking at the benefits and disadvantages of this issue from multiple different sides (medical, legal, practical and the community) of the argument. This article also explains how these different opinions can sway and have swayed schools to rashly pick a side. Schools and school districts are under pressure to become peanut-free areas, but medical and legal experts claim this is unwise. This article shows that there are good points on either side of the argument. This article suggest that in the future there could be other ways to combat food allergies (specifically peanut) in a more practical way then completely banning the food completely. This article also suggests that school districts should devise a comprehensive Food Allergy Action Plan instead. According to this article this plan should include age-appropriate accommodations, training for school personnel, and external communication and education.

I found it interesting that this article gave note to all of the potential allergens that can cause a reaction in schools. It really put into perspective for me how overarching this task of allergen prevention truly is. Yet every year it gets harder and harder with the number of children with serious allergies continually rising. Among the allergies, none causes as much concern and controversy as peanut allergies. Since peanuts are potentially deadly and so common in schools parents of students with peanut allergies often pressure school leaders to make entire school districts peanut-free environments. However, school officials face a backlash from other parents if they implement such a policy, and they also know that becoming completely peanut free is next to impossible. Because of the split on this issue there is much debate as to how to keep students with this allergy safe. In this article they interviewed doctors, school superintendents, parents with children who have peanut allergies, and parents whose children don't have this allergy. In order to see if there was a best solution in solving this dilemma. All participants interviewed were selected using purposeful sampling, based on their expertise or experience in this area. This article also took the legal side of this into account as well. This article found that potential scientific solutions for peanut allergies may be on the horizon. Since this is the case it would be best for school districts to implement a comprehensive food allergy plan. This plan would consist of age appropriate accommodations, training for school personnel, and external communication. This is the best approach for the school district to take, because, this is a legally defensible approach that is realistic for schools and supports students with allergies in ways that protect them from harm. This solution also helps students with food allergies develop independence. This solution would satisfy parents on both sides of this issue. I also believe this is the best course of action for all school districts to take. If this solution was applied in school districts national I believe there would be less inside and outside of school in terms of food allergies.

Obeng, C., & Vandergriff, A. (2008). EXPERIENCES OF PARENTS OF PRE-K TO GRADE FOUR CHILDREN WITH FOOD ALLERGIES. *INTERNATIONAL JOURNAL OF SPECIAL EDUCATION*, 23(3), 124-128. doi:Indiana University. Print.

This article is primarily about the experiences of parents who had children between the ages of pre-K and Grade four with food allergies. This article went on to describe the changes a few of these parents had to make in their lives following their child’s diagnosis, as well as, describing the parent’s view on the food options their children had at school. These parents described the feeling of being unsure if their child’s health would be in a danger when they were at school as “living in fear”. A few parents even attested to the fact that they attended field trips and other school events to ensure the safety of the child. Half of the children whose parents were interviewed had nuts allergies. These parents advocated for schools to take peanut off their menu since “its presence constituted a death trap for children with peanut allergies”. Parents suggested that school systems that had adopted the no-peanut policy (with respect to meals served in the schools) helped their children to stay healthy in the school environment. They even went as far to say that if all school districts adopted a no-peanut or no nut products policy, their anxieties during school hours would be eased.

I found it interesting that this study chose to investigate the parents of children who have food allergies. This study gave a different perspective than we are used to seeing and showed how much the parents and guardians really know about what goes on inside of the school. This study examined are the management strategies that help the parents to deal with their unique situations in and out of the school environment. It showed how differently schools across the county deal with this issue. In some schools they did a poor job of regulating food allergies. For example two parents of who each have a child with peanut allergies had very different experiences. One child would “come home with his eyes almost red.” Prior to attending a school in which had adopted a no-peanut policy. Another child went to a school system that had already adopted a no peanut policy in their kitchen so school lunches would not contain any peanuts or nut products. However other children were able to bring their own peanut butter sandwich or crackers to school in their lunches from home. However in most schools like the ones I previously attended provide peanut butter and jelly sandwiches daily. Therefore these schools cannot guarantee that the tables will not have peanut butter smudged on them. However to prevent students with peanut allergies from having a reaction in schools they designate one or two tables in the cafeteria as peanut free. And no one can sit at these tables with any peanut butter or peanuts products of any kind. The issue with this prevention method is that on field trips or on days when classes are shortened the menus usually consist of peanut butter sandwiches and the classroom or the bus turns into makeshift cafeterias. This increases the risk of having a reaction for students with peanut allergies. This article shoes the importance of having a consistent nationwide prevention system for all food allergies. With an extra emphasis on peanut allergies in particular.

Sifferlin, A. (2014). Why More Schools Should Stock Emergency EpiPens. *Time.Com*, N.PAG. Print.

This time article however short was vary impactful. It talked about a deadly incident involving a middle school girl that shook a district. Unfortunately this young girl lost her life because the school did not have a proper food allergy prevention program in place. This young girl had a reaction due to outside food being brought in to the school. When she went into anaphylactic shock the school had no supply of EpiPens and by the time the girl got to the hospital it was already too late. This article goes on to explain that this incident changed this school, the school district, and even schools all across the nation for the better. After the incident in the academic year of 2012-13 emergency epinephrine was used on 38 children and adults in the Chicago Public Schools system. Currently 41 states have laws regulating the stock of epinephrine. Food allergies among children appear to be rising, and currently about 1 out of every 13 children has a food allergy. That’s about two kids per classroom. It is imperative that all schools carry epinephrine and have a proper food allergy prevention program in place to prevent another incident like this from ever occurring.

This is a short Time magazine article with a big impact. Although this article was short after reading it I could not help but see the effect it not only had on a school but all schools nationwide. This article is about how one incident affected the city of Chicago. This incident was the death of a seventh grade girl in 2010. This girl’s death was so important because her life could have been saved if the school she attended carried epinephrine (EpiPens). This girl died after having an allergic reaction to Chinese food brought into the school. The incident shook the school district into transformation, and Chicago’s school district is now one of the first among large urban centers to implement formal policies on epinephrine stocks. After this incident accrued Chicago Public Schools stockpiled Emergency epinephrine for severe anaphylactic emergencies. For the academic year of 2012-13 this emergency epinephrine was used 38 times to save both children and adults. Had this tragic incident not have happened there could have been a much more gruesome result. It is important for schools to always have emergency epinephrine on hand that way there will never be another incident like the one in Chicago.